

Center for Disease Control

GUIDE TO A HEALTHIER COMMUNITY

TOBACCO FREE LIVING

- Supporting comprehensive tobacco-free policies
- Expanding use of tobacco cessation services
- Using media to educate and encourage individuals to live tobacco-free

HEALTHY EATING, ACTIVE LIVING

- Encourage community design that supports physical activity
- Support workplace policies and programs that increase physical activity
- Encourage school policies that improve nutrition for children

QUALITY CLINICAL PREVENTIVE SERVICES

- Enhance linkages between community based and clinical preventive services
- Support access to preventive screening and services i.e breast cancer screening, BMI and blood sugar monitoring
- Reduce barriers to accessing clinical services especially populations at risk

SOCIAL AND EMOTIONAL WELLNESS

- Promote positive early childhood development. Including positive parenting and violence free homes
- Promote early identification of mental health needs and quality services
- Facilitate social connectedness and community engagement across the life span

HEALTH AND SAFE PHYSICAL ENVIRONMENTS

- Design and promote affordable, accessible, safe healthy housing
- Strengthen the social environment to support and reinforce healthy choices
- Promote and strengthen childcare and school policies that increase Healthy Eating and Active Living